

Winona State
University-
Rochester
September 2017

Graduate Programs in Nursing Update

A Message from the Director...

Last weekend my sister and I helped my 83-year old mother in her “downsizing” efforts. The last Sunday task was to recycle the Britannica encyclopedias. My parents had purchased this set of encyclopedias and yearbooks in the 1970s because my father was insistent that we five children use the “latest” information when we wrote papers and investigated topics to inform our conversations. This was a big investment at a time when money was tight on the dairy farm, so my parents sacrificed to make payments on them for quite some time. It was like a holiday when they arrived and I remember all of us, my parents included, spending hours exploring a whole new world opening up to us. I also remember that it was no longer acceptable to make broad generalized statements with no rationale in topical discussions at the dinner table. “What did you find in the encyclopedia?” was a common statement. I believe this was one of the pivotal points in my development of a sense of rigor as a nursing scholar. I have learned that this is a gift to share with others, to nurture, and to pass along to my children and to those who come after me in nursing. The physical encyclopedias have been replaced by electronic databases and internet-based searches. My mother is a fan of “Google” searches and Siri!

What is your story? Who has helped you develop your sense of rigor in scholarship? What experiences have helped you? Who will you help in your future? One of the most gratifying events for graduate nursing faculty members is to see our students have “ah-has” in their growth as academic and clinical scholars. The paths are unique for each student, the experiences are varied, and the outcomes are different. Yet, that is what we do together at Winona State University in our faculty-student relationships. We commit to excellence, we periodically struggle for inspiration and direction, we support each other in our daily growth, and we do what we do to enhance health outcomes for the recipients of our current and future care. We commit our time and energy to assisting you in your journey as your nursing faculty. We expect that you will spend your time and energy wisely in this endeavor and are pleased to be part of your journey. May it be one of excellence and full use of your cognitive gifts!

Sincerely,
Sonja J. Meiers, PhD, RN

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News

Graduate Nursing Committee

The Graduate Committee is a council made up of all Graduate Nursing Faculty and Graduate Nursing Liaisons, which holds meetings on the second and fourth Mondays of each month. The Graduate Committee allows Graduate Nursing Faculty to meet, discuss, and vote on changes and topics related to course and program offerings. Graduate Liaisons are unable to vote on faculty matters, but can address questions, comments, and concerns from students in the Graduate Nursing Programs with faculty during the meeting. Current 2017-2018 Graduate Liaisons on the Graduate Committee are: Ayan Hassan, Mathew Nygren, Mathew Schober, and Amy Skroch.

Graduate Nursing students are encouraged to reach out to any of these Graduate Liaisons with questions, concerns, or feedback requiring faculty attention related to a course or program. Be sure to read the newsletter for Graduate Committee updates pertaining to Graduate Nursing students.

-Mathew Schober

MNRS Conference

2018 Conference Registration



WSU graduate students have participated in the Midwest Nursing Research Society's (MNRS) student poster competition for MS and DNP posters for many years. Our students have won this competition for a few years (including our own Drs. Langer and Steele when they were DNP students). This is a regional conference (held in Cleveland, OH April 12-15, 2018) where you interact with students and researchers from the Midwest area.

If you have completed or are close to completing either your MS thesis or DNP project, talk to your thesis/ project advisor about details. If you want to be considered for the poster competition, the first step is approval of abstracts through our WSU graduate faculty blinded review. If accepted (each school is limited in numbers of student posters), your advisor will work with you to refine your abstract, making sure it meets all of the MNRS student poster criteria (used for judging). Then you formally submit the abstract to MNRS (this means you will be accepted to take your poster to Cleveland). WSU and the Nursing Graduate Programs provide some reimbursement for expenses. If you are interested and are able to attend this excellent conference in April, please talk to your Thesis or DNP project advisor. After talking with your advisor, submit your abstract to dforsyth@winona.edu no later than **Tuesday, September 26th**. Please see the email from Carolyn Ryno with conference information and specific writing instructions for the abstract.

-Dr. Diane Forsyth

New Zealand Travel Study

Do you enjoy traveling? Are you looking for unique and exciting graduate courses? Are you interested in developing your leadership skills in a unique cultural setting? The New Zealand Travel Study might be for you!

The New Zealand Travel Study includes two leadership courses designed to immerse students physically, intellectually, emotionally, socially in a very unique culture while providing students with a New Zealand cultural leadership experience. Leadership involves understanding people and helping them reach commonly held goals. Visiting other countries and cultures stretches our awareness of human potential and exposes us to new ways of doing familiar things.

An informational session will be held to talk about the New Zealand Travel Study and answer questions students might have. **The information session will be held via internet or phone on Monday, September 25, 2017 at 3:30 p.m.**

To join the meeting **via internet** click: <https://workspace.pinnaca.com/index.html?id=340455284>

Phone Access:

Call a regional access number below, then enter 340455284#

US/Canada Toll Free: 1 855 693 0288

UK Toll Free: 0800 086 9220

US Local: (+1) 952 683 7100

UK Local: (+44) 175 326 0157

Canada Local: (+1) 647 694 2013

Singapore Local: (+65) 31 587 634

For more information about the New Zealand Travel Study courses, please visit:

<http://www.winona.edu/educationleadership/travelstudy.asp> or contact Dr. Theresa Waterbury, College of Education (twaterbury@winona.edu) or Dr. Julie Ponto, College of Nursing (jponto@winona.edu)

-Dr. Julie Ponto

PMHNP Program Update

The new Psychiatric-mental Health Nurse Practitioner (PMHNP) Graduate Certificate program rolled out this summer with a 3-day orientation/immersion on the WSU- Rochester campus. The remainder of the 15-month program is online. The first student cohort is mainly FNP's, with other APRN specialties. The students noted they desired to add psych to their certification because the patients they see in their current practice have mental health problems. They noted gaining the knowledge and clinicals for PMHNP will equip them to better care for their patients. Students came from a wide geographical area. They had foundational courses for an intense summer of learning and are now in their first PMHNP clinicals.

Three new PMHNP faculty were hired to guide these students through their program – Dawn VanRuler, is in a PhD program, works in a small rural clinic, and is the lead for the program; Amy Harter works for La Crosse County, specializing in geriatric care, and is coordinating psych clinicals; and Elizabeth Schossow works at Hiawatha Valley Mental Health Center in Winona and taught psychopharmacology this summer. They are a great team with a variety of experiences and expertise.

-Dr. Diane Forsyth

Faculty Corner

Please Welcome Our New Faculty

Amy Harter, RN, MSN, GNP-BC, PMHNP-BC

I am a Psychiatric and Geriatric Nurse Practitioner from La Crosse, WI. I started at Winona State in May 2017. I am one of the faculty members assisting with the start of the new PMHNP program. I came to Winona State because of their outstanding nursing programs. I am excited to be new faculty here. Outside of teaching, I enjoy spending time with my family and playing tennis as often as I can.

Dawn Van Ruler, MS, APRN, FNP-BC, FMHNP-BC

My primary and recent practice experience is as a Psychiatric Mental Health Nurse Practitioner (over 10 years). I also provided primary care as an NP in rural settings for 5 years previously. I am presently working on completing my PhD. My passion is mental health care; I enjoy learning the reasons for aspects of care and improving outcomes, which is what attracted me to the PMHNP faculty position at WSU. I'm interested in research topics that include collaborative care, nursing educational strategies, and mental health care. I enjoy kayaking, being involved in women's groups, gardening, and spending time with my family and children's activities (ages 16, 23, 25). My son is pursuing master's level courses at Winona State.



Elizabeth Schossow, APRN, PMHNP-BC

Watch for Elizabeth's bio in the next newsletter.

Heads Up Students!

Graduate Student Dissemination Awards 2017 – 2018

The School of Graduate Studies promotes academic inquiry and supports graduate student scholarship. This award is specifically for graduate student dissemination of their scholarly work (creative, research, project).

Awards of up to \$500 each are available to graduate students who are in good stand, are fully matriculated, and are ready to disseminate their work (creative, research, project).

Deadline for award application is Friday, October 13, 2017 and February 16, 2018. Information is located on the [School of Graduate Studies](#) webpage under "Announcements"

Watch for "*Clinical Connections*" to arrive by email from Misun Bormann

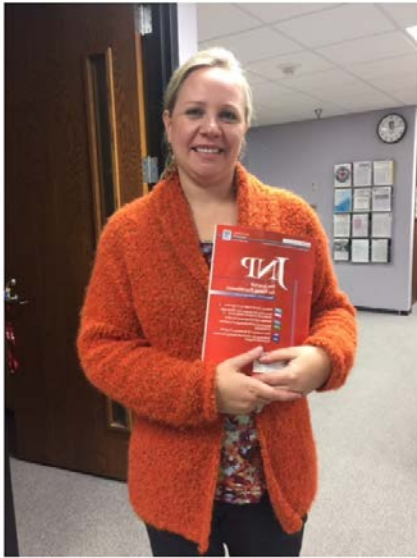
Keep your eyes open for an important email news bulletin from Misun Bormann (Clinical Site Development and Communication) called *Clinical Connections*. These bulletins will include critical information related to your clinical site placement process such as deadlines, forms, and alerts that **YOU NEED TO KNOW!**

Summer 2018 Course Offerings ~

Plans are to offer NURS 616 and NURS 618 during Summer Session of 2018 as a pilot:

- NURS 616 – Molecular/Genetics - Summer Session I
- NURS 618 – Advanced Pathophysiology - Summer Session II

Faculty Scholar Publications



Jenny Prochnow had an article published in the July/August 2017 issue of *The Journal for Nurse Practitioners* titled, "E-cigarettes: A practical, evidence-based guide for advanced practice nurses." Trendy tobacco products, such as e-cigarettes, are a new challenge for healthcare providers. This article provides updated, evidence-based information about e-cigarettes and how healthcare providers can initiate conversations about these devices with patients and families.

Check out this and other scholarly works by our WSU faculty

Hanza M.M., Goodson, M., Osman, A., Porraz Capetillo, M.D., Hared, A., Nigon, J.A., **Meiers, S.J.**, Weis, J.A., Wieland, M.L., Sia, I.G. (2016). Lessons learned from community-led recruitment of immigrants and refugee participants for a randomized, community-based participatory research study. *J Immigr. Minor Health*. Oct. 18(5):1241-5. doi: 10.1007/s10903-016-0394-2.

Julie Ponto, Graduate Programs in Nursing, College of Nursing and Health Sciences, published a chapter titled Quality and Safety in the textbook, *Mosby's Oncology Nursing Advisor: A Comprehensive Guide to Clinical Practice* (2nd ed.) by Susan Newton, Margaret Hickey, and Jeannine M. Brant.

Meiers, S.J., Paddock, S., Dowat, K., & Deppa, B. Incorporating clinical prevention and population health methods within the Doctor of Nursing Practice (DNP) curriculum: The Winona State University experience. *American Association of Colleges of Nursing Doctoral Education Conference*, Coronado, CA, January 20, 2017.

Ponto, J. Aligning Clinical Nurse Specialist Education with Professional and Regulatory Standards, *MN NACNS Annual Conference*, St. Paul, MN, October 25, 2016.

Prochnow, J. (2016). Everything you need to know about e-cigarettes. Presentation: *Candelot Center*, St. Catherine University.

Schneider, D., **Ponto, J.**, & Martin, E. (accepted for publication for Summer 2018). Propofol Disposal in the Anesthesia Setting: Overcoming Barriers, *AANA Journal*.

Faculty Practice

As a group of graduate nursing faculty, we live and breathe the mission of Winona State University as a “community of learners improving our world”. We believe it is important to serve patients, families and our profession with each of our unique gifts and talents.

Did you know...

- That Dr. Sue Davies practices as a facilitator of the Living Well with Chronic Conditions Program, and evidence-based healthy aging program.
- That Dr. Kimberly Dowat practices as a Certified Nurse Midwife and Complementary Therapies practitioner at Gundersen Health, La Crosse, WI.
- That Dr. Jane Foote practices as a nurse leader as President of the local chapter of the Holistic Nurses Association and the Kappa Mu Chapter of Sigma Theta Tau International.
- That Dr. Diane Forsyth is an active Team Leader as a Site Evaluator for the Commission on Collegiate Nursing Education in accrediting graduate programs in nursing.
- That Amy Harter practices in the community of La Crosse serving individuals with acute and chronic mental health problems and those that struggle with mental health issues related to dementia.
- That Dr. Carole Jenson practices as an AGCNS conducting Department of Transportation Health Assessments and care.
- That Dr. Kimberly Langer practices as an AGACNP at the Mayo Clinic in Hematology/Oncology/Bone Marrow Transplant.
- That Dr. Sonja Meiers practices nurse leadership as is President-Elect of the Research Committee of the International Family Nursing Association and member of the WSU Faculty Senate.
- That Dr. Julie Ponto practices as a site evaluator for oncology treatment center accreditation.
- That Dr. Sandra Paddock practices as FNP at Centra Care in St. Cloud, MN in Employee and Occupational Health and is beginning at Hawthorne Health Clinic in Rochester, MN.
- That Jen Prochnow practices nurse leadership as Treasurer of the Minnesota Organization of Leaders in Nursing.
- That Dr. Lisa Schnepfer practices at Neighborhood Family Clinic, Winona, MN.
- That Elizabeth Schossow practices as a Psychiatric Nurse Practitioner at Hiawatha Valley Mental Health Center in Winona, MN.
- That Jami Starling practices as a nurse leader as a member of the Faculty Senate at WSU.
- That Dr. David Steele practices in the Emergency Department in a Mayo Health System Hospital in St. James, MN as an FNP, AGACNP, and ENP.
- That Dr. Mieca Valen practices as an FNP in the Mayo Health System and as a Site Evaluator for the Commission on Collegiate Nursing Education in accrediting graduate programs in nursing.
- That Dawn VanRuler practices as a Psychiatric NP in out-patient mental health medication management one day a week.



Graduate Programs in Nursing Information

Winona State University — Rochester
Graduate Programs in Nursing Office
 859 30th Avenue SE
 Rochester, MN 55904

Email: gradnursing@winona.edu
 Office hours: Monday – Friday
 8:00 am – 4:30 pm
 Phone: 507-285-7473
 Fax: 507-292-5127

Make sure to check out our website!

www.winona.edu/graduatenursing

Graduate Nursing Faculty and Staff Locations

Faculty / Staff Name	Position	Office Location / Number	Office Phone Number	Email Address
Dr. Sonja J. Meiers	Director, Professor	Coffman (CF) 213	507-536-5671	smeiers@winona.edu
Carolyn Ryno	Administrative Asst.	Coffman (CF) 215	507-529-6117	cryno@winona.edu
Sara Bass	Office & Admin. Asst.	Coffman (CF) 211	507-285-7473	sbass@winona.edu
Misun Bormann	Clinical Site Development & Communication	Coffman (CF) 209	507-535-3978	mbormann@winona.edu
Dr. Sue Davies	Professor	Health Sciences (HS) 024	507-285-7140	sdavies@winona.edu
Dr. Jane Foote	Department Chair, Associate Professor	Health Sciences (HS) 106	507-280-2818	jfoote@winona.edu
Dr. Diane Forsyth	Professor	Coffman (CF) 129	507-280-5036	dforsyth@winona.edu
Amy Harter	Adjunct Faculty	Coffman (CF) 207	507-535-3992	aharter@winona.edu
Dr. Carole Jenson	Associate Professor	Coffman (CF) 123	507-285-7341	cjenson@winona.edu
Dr. Kimberly Langer	Assistant Professor	Coffman (CF) 127	507-285-7168	klanger@winona.edu
Ann Loth	Adjunct Faculty	Coffman (CF) 130	507-285-7133	aloth@winona.edu
Gayle Olsen	Professor, Adjunct Faculty	Coffman (CF) 130	507-285-7133	golsen@winona.edu
Dr. Sandra Paddock	Associate Professor	Coffman (CF) 128	507-285-7208	spaddock@winona.edu
Dr. Julie Ponto	Professor	Coffman (CF) 125	507-285-7135	jponto@winona.edu
Dr. Jenny Prochnow	Assistant Professor	Coffman (CF) 132	507-285-7185	jprochnow@winona.edu
Dr. Lisa Schnepfer	Professor	Coffman (CF) 131	507-285-7478	lschnepfer@winona.edu
Elizabeth Schossow	Adjunct Professor	Coffman (CF) 207	507-535-3992	eschossow@winona.edu
Jami Starling	Assistant Professor	Coffman (CF) 126	507-280-5565	jstarling@winona.edu
Dr. David Steele	Assistant Professor	Coffman (CF) 207	507-536-5672	dsteele@winona.edu
Dr. Mieca Valen	Professor	Coffman (CF) 124	507-282-7588	mvalen@winona.edu

Thank you to the following contributors to this month's newsletter:

**Dr. Sonja J. Meiers, Dr. Diane Forsyth, Dr. Julie Ponto,
 Jenny Prochnow, Matthew Schober, and Sara Bass.
 Newsletter Coordinator: Sara Persinger**